

# COMMUNITY CONNECTION

A NEWSLETTER FOR FRIENDS OF EVANSVILLE STATE HOSPITAL

## Celebrating 130 Years

By Gene Schadler, Superintendent & Jeff Wedding, Asst. Superintendent

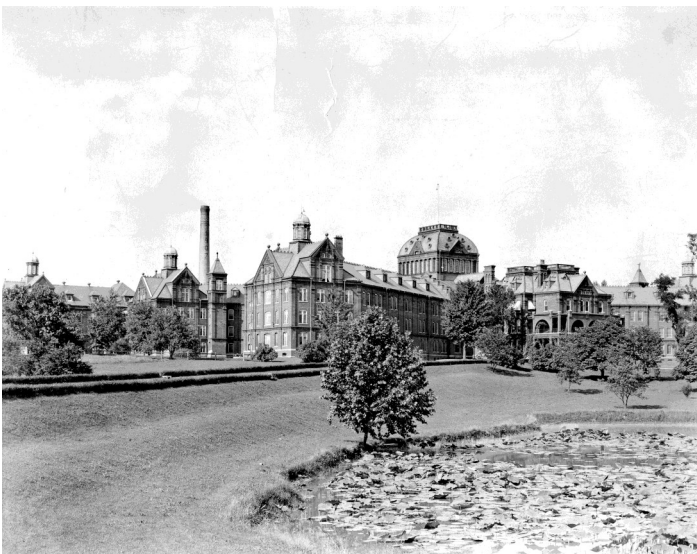
When the Evansville State Hospital was opened in October 1890, the world outside was certainly a different place historically with battles being fought, political controversies all around, fear of infectious diseases, and stigmas surrounding people with mental illnesses running deep. But if you really think about it, through it all, ESH has stood the test of time with similar circumstances even today. Just as it was when the hospital opened, we continue to be charged with the task of caring for those members of our community who need our help in the toughest of circumstances.

Originally state psychiatric hospitals in Indiana were put on the fringes of society creating a separateness from the patients and society. The city of Evansville grew around our hospital, which created an environment where the public, patients, and staff could use the grounds. This consolidation continues for the Indiana State Psychiatric Hospital System where we are not separate facilities but one integrated system.

Efforts have been underway to work towards seamless integration for our patients around the State with two initiatives in 2020. On August 28, 2020, Evansville State Hospital hosted a virtual Gatekeeper Forum to continue to address discharge planning. The second initiative is the Vanderburgh County Jail Restoration, which is a cooperative program involving the Vanderburgh County Sheriff, Jail, Courts, Prosecutors, Public Defenders, Southwestern Behavioral Healthcare (SWBHC), Department of Mental Health and Addiction, and ESH. This program will provide medication treatment after a civil commitment is obtained by SWBHC and provide legal education to those people who are waiting on a state hospital bed. This will help provide needed treatment to our future patients while they are waiting for admission at a state psychiatric hospital.

Although there have been many changes in the past decades with regards to the advancements in treatment options, standards of care, and technology, we continue to provide basic human services as the first Medical Superintendent, Dr. A.J. Thomas noted, “give me means to supply plenty of good food, amusement, and occupation of some kind, for every insane man and woman under my charge.”

As we celebrate 130 years, let us remember that even after all this time, through many trials and tribulations, we continue to promote our mission of Hope & Recovery on this beautiful campus. Our history and our impact would not exist if not for the staff of yesterday, today, and tomorrow. So, here’s to you, the staff, for keeping us going through it all.



### Help Us Save On Postage!

If you are currently receiving the newsletter by postal mail and would like to receive it by email, contact Theresa Arvin at 812-469-6800, ext 4972 or [Theresa.Arvin@fssa.in.gov](mailto:Theresa.Arvin@fssa.in.gov). The community newsletter is published every two months and can be found on the Family & Social Services Administration Hub at <https://www.in.gov/fssa/thehub/2834.htm>.

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## Pickle and Punch Party!

By Britteny Adams, Rehabilitation Therapy

What do you do with 30 cucumbers? You have a *Pickle and Punch Party!* This summer, the G Unit patients have been tending to the garden located in the River Birch Dining Room Courtyard. They've grown sunflowers, cucumbers, watermelon, okra, carrots, green beans, radishes, lettuce, and strawberries. Excess produce was given to Dietary to use in the patient meals while the rest was prepared by G Unit patients and enjoyed by all! One patient project included Hannah B., Tori S., and Tarea H., who assisted in making 4 gallons of pickles and flavored bottled waters with punch packets that were shared throughout the hospital for a *Pickle and Punch Party* on Friday, August 21, 2020. It has been a joy to see the patients on G Unit work together to tend, weed, water and harvest the garden. During this time of social separation, we have come together as a unit working toward the common goal of helping our garden grow. We have utilized this time of alternative programming to learn more about this amazing leisure activity. With a few seeds, dedication and consistency we have reaped more than just a harvest...we have become a community.



THANK YOU for the Cloth Face Masks!  
Sew & Serve &  
Creative Ladies Ministry-  
Boonville First Baptist Church



### Current Needs:

- Mini "Jack Be Little" pumpkins (3 inch diameter) for decorating
- Medium sized duffel bags
- Monetary donations to support the use of plastic covers for easy cleaning of computer keyboards
- Greeting cards (birthday, thank you); stationery sets
- Picturesque fishing, auto, nature, sports magazines
- Men's personal care (body wash, body spray, stick deodorant)
- Gift cards for Sally Beauty to purchase hair products

\*Contact Community Services at 812-469-6800, ext. 4972 if you can help.

## Friday Recovery Month Activities:

Sept 11—Recovery Trivia, Charades-  
Early Warning Signs/Triggers, Movie,  
Wellness Collages  
Sept 25—Jenga Q & A Feelings and  
Wellness Tools, Crisis Planning,  
Outdoor Discussion, Guest Speaker-  
Carol Wurtz

## New Employees

*Paige Hubbard, Nursing Service*  
*Dean Miller, Nursing Service*  
*Misty Rice, Housekeeping*  
*Allyssa Vittitow, Nursing Service*



## Goodbye Employees

*Morgan Dillman, Security*  
*Elizabeth Green, Nursing Service*  
*Jane Weimer, Nursing Service*



# Christmas Planning

The Christmas Gift Lift Program will be offered this year with a few changes. Unwrapped new popular gift items will be collected from donors and sponsors beginning November 1 through December 4. From these donated gift items, staff will be choosing gifts for each patient. We are hoping to generate a variety of gift items, particularly more gift items for men as there are more men (over two-thirds) currently residing at ESH.

A no-contact drop off zone for donations will take place in the circle drive of the main hospital entrance. The foyer of the lobby will have a designated area for gift items. It will be important to schedule the delivery of your donation through the Community Services Office at 812-469-6800 ext. 4972.

Gift items requested are:

Personal care products in plastic unbreakable containers \*Please no pump bottles

- Body wash (Axe, Dove Men & Suave)
- Body spray (Axe cans, plastic bottles)
- Lotion, unscented & scented
- Antiperspirant/deodorant, stick

Hair care products \*Please no pump bottles:

- Shampoo
- Conditioner
- Mousse
- Styling gel
- Ethnic hair products



New clothing items for males/females—sizes medium large, XL, 2XL, and 3XL

- Plain and novelty short sleeve and long sleeve tees (sports, movie, cars, animal themes)
- Plain and novelty sweatshirts
- Pajamas
- Sweatpants, slacks, and jeans

Digital and analog watches (large easy read faces)

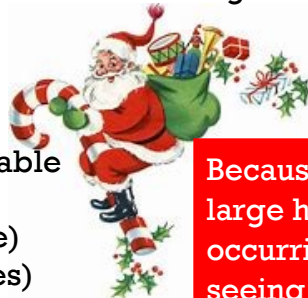
Fleece throws/twin blankets

Entertainment gift items:

- Word search puzzle books
- Playing cards, Uno/Skip-bo card games; game card packages (Magic: The Gathering)

Pre-paid gift cards

- Vanilla Visa (\*Vanilla Visa cards don't expire)
- Amazon gift cards
- Walmart gift cards



Because of COVID-19 precautions, large holiday group visits are not occurring this year. We will miss seeing your smiling faces.

Can we go virtual? The answer is a complicated one especially for



those who are technologically challenged! Most smartphones have a record video feature

that can be used to record your group wishing our patients a Merry Christmas! So the challenge is on... for you to send a virtual message of good cheer to us for the holiday unit parties. Please send your mp3 or mp4 file recordings to [Theresa.Arvin@fssa.in.gov](mailto:Theresa.Arvin@fssa.in.gov).

Would you like to sponsor food items for the holiday unit parties? Any help with store bought diet decaffeinated sodas and pre-packaged individual sized snacks and chips are appreciated. Contact Theresa in Community Services at 812-469-6800, ext. 4972 if you can help.



## COMMUNITY CONNECTION

*COMMUNITY CONNECTION is published every other month for friends of Evansville State Hospital. News items are welcome and should be submitted to the Community Services Office.*

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WE'RE ON THE WEB!  
WWW.IN.GOV

## New Psychiatry Resident

ESH welcomed Dr. Rebecca Schwab, our first of four physicians participating in the Indiana University psychiatry training program based at Good Samaritan Hospital in Vincennes. Dr. Schwab's three month rotation will end in September after working on D unit under the supervision of Dr. Kernek. We wish her well in her future endeavors!



Join the Voices for Recovery:  
Celebrating Connections



There is strength in individuals living in recovery. People are resilient, and can and do recover from mental health and substance abuse conditions. So let's celebrate! Let's show our support for each other! Do you know where to turn to for resources to help you stay connected and maintain your well-being? Go to <https://bewellindiana.com/>. You'll find information on assistance programs including child care services, mental health services, and COVID-19 safety tips. The Be Well Crisis Helpline (211) is available for immediate needs.

## Phone Number Change! Community Services



The Community Services Office number has changed with an office move to the Activity Therapy Building. Please contact Theresa Arvin in Community Services at 812-469-6800, ext. 4972.